

# COMMUNITY GARDENS

## Part of a better food system

Community gardens are a community space where people get together to grow fruit and vegetables and learn about gardening. Some people have their own plot and others share a garden bed.

Community gardens can help change our local food system. Many people have concerns about the way they obtain their food: where it comes from, distances it has travelled, not knowing how it was grown or the chemicals used in its production.

People are thinking more about how the food on their table has been produced, wanting to make connections in their community and also have a sense of achievement – that's why community gardens are thriving!

No two community gardens are the same. Because they are run by the community, they reflect the interests and passions of the members and they change with time.

'34% of Australians eat out at fast food chains, food courts, cafés or pubs at least once per week. However there is a stronger focus on eating meals prepared at home with fresh ingredients than eating prepared supermarket meals. To make accessing and eating clean, fresh food easier, Council encourages community gardens and home growing'.

- Meet People • Laugh • Fun
- Cheap • Learn • Urban Agriculture
- Taste • Organics • Fresh Food
- Save Money • Likeminded Others
- Families • Singles • Seed Saving
- Heirloom Fruit and Veggies • Health
- Create Community • Share • Compost
- Genuine Interaction • Activities
- Permaculture • Outdoor Exercise
- Accessibility • Sustainability



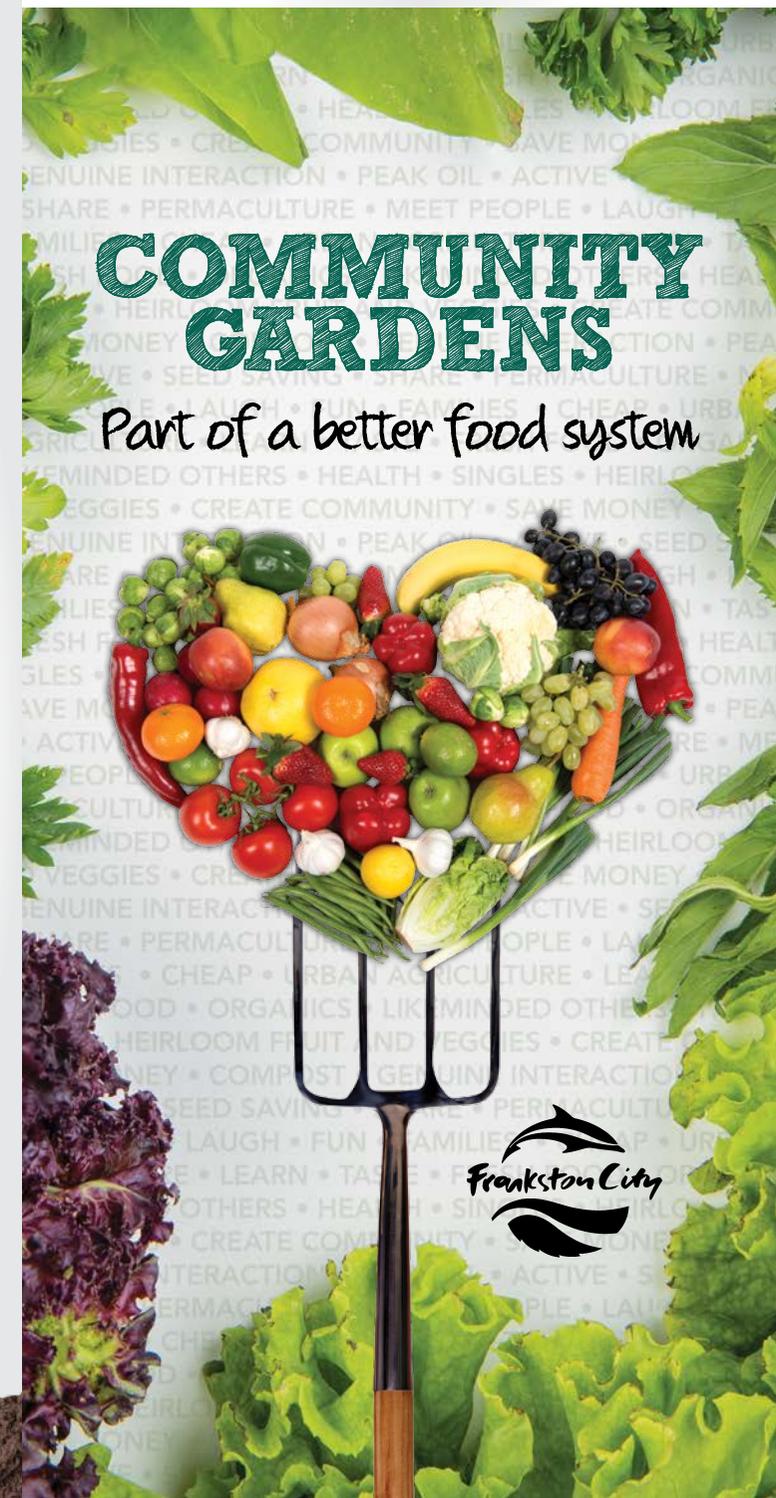
**Frankston City Council**  
Phone 1300 322 322  
[www.frankston.vic.gov.au](http://www.frankston.vic.gov.au)



October 2023

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## Benefits of community gardening

If you want to increase your fitness, enjoy nutritious food, reduce stress, connect with others, learn skills and be environmentally aware, **joining one of our community gardens is a great place to start.** The benefits of community gardens empower, connect and educate community in a vast array of ways:

- **Increasing physical health** – through physical activity, maintaining mobility and flexibility while gardening.
- **Social health through community inclusion** – gardens are a safe, inclusive and healthy space for all people to be social, make friends, share knowledge, culture and build community cohesion.
- **Enhancing mental health and wellbeing** – reduce stress, promote a sense of family, belonging, acceptance and connect with likeminded people.
- **Positive environmental and climate effects** – shorten food supply chains, reduce food miles and CO2 emissions, preserve green spaces and promote biodiversity.
- **Learning new skills** – and knowledge of nature, positive self-development skills, confidence, food literacy, responsibility, cooperation, creativity and understanding.

## Websites to visit

There's plenty of information around on food systems and food security; these are useful places to start.

**The Community Plate** – a collective impact initiative on the Mornington Peninsula to strengthen local food systems across the Frankston and Mornington Peninsula regions.  
<https://communityplate.org.au>

**Sustain, The Australian Food Network** – a network based in Melbourne that specialises in sustainable and healthy food systems.  
<https://sustain.org.au>

**Community Gardens Australia** – a resource for all things urban agriculture across Australia.  
<https://communitygarden.org.au>

**Australian Food Sovereignty Alliance** – your freedom to choose the food you prefer, involving consumers, farmers, gardeners, business and eaters.  
<https://afsa.org.au>

**Frankston City Council**  
For more information, visit:  
<https://www.frankston.vic.gov.au/Community-and-Health/Community-development-and-engagement/Community-gardens>

## Starting a community garden

If you are interested in a community garden for your area, get in contact with people in your local community garden network first for a chat. Here are some useful guides:

**Community Gardens Australia**  
Start a Community Garden –  
<https://communitygarden.org.au/category/ideas/start-a-garden/>

**How to set up a community Garden**  
By Sustainable Gardening Australia –  
<https://sgaonline.org.au/community-resources/community-gardens-manual/>



Groundswell



Joy of the Earth



# YOUR LOCAL COMMUNITY GARDENS

## 1. Downs Community Farm

190 Old Wells Road, Seaford  
 Phone: 0437 025 981  
 Email: downsestatecommunications@gmail.com  
[www.downscommunityfarm.org](http://www.downscommunityfarm.org)  
 f downscommunityfarm

## 2. Garden for Life

53 Kareela Road, Frankston  
 At the back of Coffee on Kareela.  
 Phone: 0434 868 685  
 Email: info@kareela.org.au

## 3. Groundswell

Bentley Place, Frankston  
 Phone: 0409 556 150  
 Email: admin@groundswell.org.au  
[www.groundswell.org.au](http://www.groundswell.org.au)

## 4. Joy of the Earth

Joy Street, Frankston  
 At the back of the kindergarten  
 Phone: 0493 126 250 or  
 Email: joyoftheearth@gmail.com  
 f JoyOfTheEarth

## 5. Kananook Community Garden

33 Kirkwood Ave, Seaford  
 Phone: 0423 671 401  
 Email: kananookcg@gmail.com  
 f KananookCommunityGarden

## 6. Langwarrin Community Garden

5 Shute Drive, Langwarrin  
 Phone: 0415 313 951  
 Email: langwarringarden@gmail.com  
 f LangwarrinGarden

Frankston City Council acknowledges and pays respect to the Bunurong People, the Traditional Custodians of these lands and waters.

## 7. Orwil Street Community House

16 Orwil Street, Frankston  
 Phone: 9783 5073  
 Email: info@orwilst.org.au  
[www.orwilst.org.au](http://www.orwilst.org.au)

## 8. Pines Patch Community Garden

14 Stringybark Crescent, Frankston North  
 Phone: 9786 1008  
[www.communitygarden.org.au/listing/pines-patch-community-garden/](http://www.communitygarden.org.au/listing/pines-patch-community-garden/)

## 9. The Backyard Garden

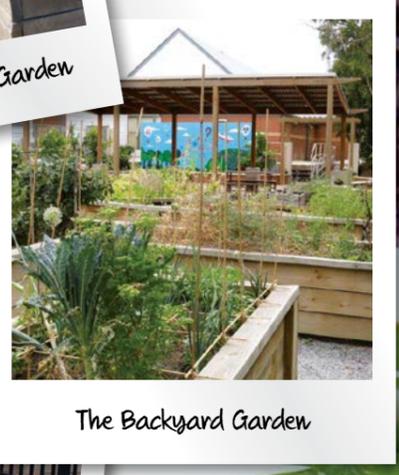
2 Lang Road, Langwarrin  
 At the rear of the Langwarrin Community Centre  
 Phone: 03 9789 7653  
 Email: reception@langwarrincc.org.au  
[www.langwarrincc.org.au](http://www.langwarrincc.org.au)  
 f LangwarrinCommunityCentre



Downs Community Farm



Kananook Community Garden



The Backyard Garden



Orwil Street



Garden for Life



Pines Patch



Langwarrin Community Garden